

# The Verena Holmes Gallery

## The True Self Within

### Thomas Delahunt

For this inaugural exhibition in the Verena Holmes Gallery, we are pleased to present a series of new works by Thomas Delahunt, Senior Lecturer in the School of Nursing, Midwifery and Social Work. The text and paper-works in this show draws on his 2019 TIMES Higher Education award-winning *Poetic Nursing Heart* project, as well as his Masters and PhD research.

Delahunt's research explores connections between trauma and consciousness and develops through collaborative actions, such as handmaking paper, and his poetry workshop setting. Photographs of some of his workshop elements are included in the exhibition.

To create the paper, Delahunt worked with participants as the pulp, threads and embellishments were deconstructed and reconstructed again, each one trying to capture the meaning of a traumatic moment. Each piece frames another narrative expressed during the activity of forming the paper. Although these stories are not legible to the viewer, these words, tears, and elements make the paper alive; almost a panpsychism born within lived consciousness.

The artist and poet hopes that these works and processes resonate with you. Like music, it is meant to be a journey. Some of these images carry an intense proposal of a heart song. The three years of forming community within the #poeticnursingheart space leads to this point of stilling.

You'll find another poem on the 2<sup>nd</sup> Level of the building in the Open Study Area. The artist asks:

*Please still yourself and connect with the smallest elements in the art, then walk to the poetry near the seating area and reflect. The whole point is you and your reflections. Please know this 🙏 today you are seen, you are heard, and you are loved*

For more information about the Poetic Nursing Heart project, you can visit the blog here:



<https://blogs.canterbury.ac.uk/partnersinlearning/category/partners-in-learning/poetic-nursing-heart/>

If you have any questions about this project, or if you would like to suggest an idea for an upcoming show, you can contact Katie McGown, Arts and Culture Manager at [katie.mcgown@canterbury.ac.uk](mailto:katie.mcgown@canterbury.ac.uk).